

1A C 4678  
COUNTY OF NAIRN.

---

THIRTEENTH  
ANNUAL REPORT

ON THE

MEDICAL INSPECTION

OF

SCHOOL CHILDREN

FOR THE.

YEAR ENDING, 31st JULY, 1924.

---

PRINTED AT THE "COUNTY PRESS" OFFICE, NAIRN.



COUNTY OF NAIRN.

---

THIRTEENTH  
ANNUAL REPORT

ON THE

MEDICAL INSPECTION

OF

SCHOOL CHILDREN

FOR THE

YEAR ENDING, 31st JULY, 1924.

---

PRINTED AT THE "COUNTY PRESS" OFFICE, NAIRN.



*To The*

**Nairn County Education Authority.**

Mr Chairman, Miss Ellis, and Gentlemen,

I have the honour to submit to you the Thirteenth Annual Report on the Medical Inspection and Supervision of School Children in the County of Nairn for the year ending 31st July, 1924.


The Report has been arranged, as far as possible, on the lines suggested by Circular 460 of the Scottish Education Department, dated 24th August, 1914.

I am,

Your obedient Servant,

ROBERT DOUGLAS,  
Medical Officer.

ELGIN, 31st August, 1924.



Digitized by the Internet Archive  
in 2016 with funding from  
Wellcome Library

<https://archive.org/details/b28657834>

# CONTENTS.

	PAGE
LIST OF STAFF ... ..	1
NUMBER OF SCHOOLS ... ..	1
NUMBER OF CHILDREN ON REGISTER ... ..	1
NUMBER OF VISITS TO SCHOOLS ... ..	1
SANITARY CONDITION OF SCHOOLS ... ..	2
 ORGANISATION and ADMINISTRATION—	
System of Medical Treatment ... ..	2
School Nurses ... ..	2
Supervision of Infectious Disease ... ..	2
Co-ordination with Public Health Service ... ..	3
Presence of Parents at Inspection ... ..	3
 PHYSICAL CONDITION OF SCHOOL CHILDREN—	
Total Number examined ... ..	3
Total notified to Parents .. ..	3
Number receiving Attention ... ..	4
Clothing ... ..	4
Footgear ... ..	4
Average Heights and Weights ... ..	4
Cleanliness of Head and Body ... ..	4-5
Condition of Skin ... ..	5
Nutrition ... ..	5
Teeth ... ..	5
Nose and Throat ... ..	5-6
Lymphatic Glands ... ..	6
External Eye Diseases ... ..	6
Visual Acuity .. ..	7
Ears ... ..	7
Hearing ... ..	7
Speech ... ..	7
Mental Condition ... ..	7
Heart and Circulation ... ..	7
Lungs ... ..	8
Nervous System ... ..	8
Tuberculosis ... ..	8
Rickets ... ..	8
Deformities ... ..	8
Infectious and Contagious Diseases ... ..	8
Other Diseases or defects ... ..	9
 SPECIAL SCHOOLS and CLASSES ... ..	 9
 ARRANGEMENTS FOR PHYSICAL CLASSES—	
Physical Exercises ... ..	9
Baths ... ..	9
Instruction in Personal Hygiene ... ..	9
 ARRANGEMENTS FOR FEEDING OF CHILDREN ... ..	 9
 ARRANGEMENTS FOR MEDICAL TREATMENT ... ..	 9-10

# COUNTY OF NAIRN.

---

## REPORT

*on the Medical Inspection of School Children for the  
Year ending 31st July, 1924.*

---

### 1. List of Staff—

School Medical Officer—Robert Douglas, M.A., M.D., D.P.H.

School Nurses are District Nurses (Part Time).

Nurses.

Miss Smith, Nairn  
(Resigned on 31st May, 1924,  
and was succeeded by Miss  
Newlands).

Miss Will, Croy.

Miss Kinnear, Lethen

Schools.

Millbank, Monitory & Links, Rose's  
Academy, Delnies and Geddes.

Baleroy.

Aldearn, Moyness, Fornighty, Col.  
Campbell's, Ferness and Dulsie.

2. (a) **Number of Schools.**—There are 15 Schools in the County.

(b) **Number of Children on Register and in Average Attendance.**—The approximate number of children on the Register for the County of Nairn is 1350, and the average attendance 1230.

3. **Number of Visits to Schools for Systematic Examination in accordance with Scheme of Inspection.**—Number 40.



**4. Number of Special Visits by the Medical Officer.**—There were 4 such visits.

**5. Sanitary Condition of Schools.**—Details under this heading have been given in the Annual Report for the year ending 31st July, 1917. The condition of the Schools from a sanitary standpoint do not show any particular change from that recorded in previous reports. When I visited Dulsie School in September last, the exterior walls, more especially round the chimney head, were in need of attention ; there was also a defective rhone causing dampness to the wall. At places at Baleroy School the floor is worn and falling away from the skirting-board.

## **6. Organisation and Administration—**

**A. System of Medical Inspection.**—There has been no change in the system with regard to Medical Inspection during the past year. The age-groups examined were :—

Children in their sixth year.  
Entrants not previously examined.  
Children in their tenth year.  
Children in their thirteenth year.  
Children in their seventeenth year.  
Special cases.

**B. & C. School Nurses and arrangements for "following up."**—The School Nurses continue to carry out very useful and important duties. In June I had a special meeting with the Nurses in Millbank School, and discussed with them generally matters falling within the province of a School Nurse, and in particular the special treatment forms recently introduced by the Education Authority. I am hopeful that this meeting may serve to link up more closely the Nurses duties and my own, so that defective children may be followed up more closely.

**D. & E. Supervision of Infectious Disease, including School Closures, and Co-ordination with Public Health Service.**—I am pleased to report that Infectious Diseases throughout the County have not been widespread during the last school year. Cases of Scarlet Fever have been notified from a few districts, but was not epidemic. Recently there have been a certain number of cases of Chickenpox, not seriously affecting any school except Delnies, where a good many cases were affected.

One closure only was considered advisable during the year, namely, Baleroy School from the 17th to the 25th March, 1924, on account of Influenza, which seriously affected the Teacher and Scholars.

The following cases were excluded by me under Article 19F of the Code on account of Infectious Disease :—

Ringworm	...	...	...	...	1
Impetigo	...	...	...	...	2
Chickenpox	...	...	...	...	15

The School Medical Officer being also the Medical Officer of Health for the County and Burgh, there is the closest co-operation between the Education and Public Health Authorities.

**F. Presence of Parents at Inspection.**—Very few parents appear at the Medical Inspection, the average for the year being 2.27 per cent., a slight increase in the percentage recorded last year.

## 7. The Physical Condition of the School Children.

Under the Bye-Laws for the Employment of Children Act, four children were certified by the School Medical Officer during the year, as compared with ten in the year ending 31st July, 1923.

### A. Total Number of Children Examined—

#### (a) Systematic Cases—

Children in their sixth year	...	...	...	...	85
Entrants not previously examined	...	...	...	...	82
Children in their tenth year	...	...	...	...	124
Children in their thirteenth year	...	...	...	...	131
Children in their seventeenth year	...	...	...	...	18

Total	...	...	...	...	440
-------	-----	-----	-----	-----	-----

(b) Special Cases	...	...	166	...	...	...
Re-examinations	...	...	80	...	...	246

Grand Total	...	...	...	...	686
-------------	-----	-----	-----	-----	-----

In addition three Junior Students were examined and reported upon.

The total number of systematic cases examined shows an increase from the number in the year ending 31st July, 1923. The special cases show a considerable increase. The total number of cases examined is 110 more than last year.

### B. Number of Children notified to Parents as suffering from Defects—

Systematic Cases—No. notified, 67—15.22 per cent

Special Cases—No. notified, 28

### C. Number of Children receiving attention—

Approximately—

Systematic cases	...	...	51—76.11 per cent
Special cases	...	...	21—75 per cent

These percentages are calculated on the number notified, viz :—67 systematic cases and 28 special cases.

### D. Clothing—

Systematic cases—No. examined	...	440
No. insufficient	...	11—2.5 per cent
„ in need of repair	...	3—0.68 per cent
„ dirty	...	10—2.27 per cent
Special cases—No. found defective	—10	

### E. Footgear—

Systematic cases—No. examined	...	440
No. unsatisfactory	...	8—1.81 per cent
Special cases—No. found defective	—3	

These figures show a slight increase in those with insufficient clothing and a considerable decrease in those with dirty clothing from the figures of last year, while those with unsatisfactory footgear show an increase.

### F. Average Heights and Weights—

					BOYS.	
			HEIGHTS.		WEIGHTS.	
Ages.	No. examined.	Average Age.	Inches.	Cent.	Lbs.	Kilos.
5	37	5 10-12	43.4	110.2	42.6	19.3
6	34	6 1-12	44.1	112.0	46.2	20.9
7	17	7 11-12	46.3	117.6	55.0	24.9
9	60	9 3-12	51.1	129.7	62.7	28.4
12	60	12 1-12	55.8	141.7	77.0	34.9
16	3	16 7-12	67.3	170.9	146.0	66.2
					GIRLS.	
5	48	5 4-12	42.1	106.9	41.8	18.9
6	15	6 7-12	44.5	113.0	44.7	20.2
7	10	7 5-12	45.5	115.5	47.6	21.5
9	49	9 7-12	49.3	125.2	62.2	28.2
12	56	12 6-12	55.0	139.7	73.6	33.3
16	15	16 9-12	62.2	157.9	116.5	52.8

### G. Cleanliness of Head—

Systematic cases—No. examined	...	440
No. dirty	...	9—2.04 per cent
„ verminous	...	2—0.45 per cent
Special cases—No. found defective	—7	

**Cleanliness of Body—**

Systematic cases—No. examined	...	440
No. dirty	...	15—3.40 per cent
„ verminous...	...	4—0.90 per cent
Special cases—No. found defective—8		

The figures for cleanliness continue to improve year by year, The present year is very considerably better than the year ending 31st July, 1923.

**H. Condition of Skin—**

Systematic cases—No. examined	...	440
	Head	Body
No. with Ringworm	...	0
„ with Impetigo	...	0
„ with Scabies	...	1—0.22 per cent
„ with Favus	...	0
„ with other Diseases	1—0.22 per cent	2—0.45 per cent

**Special cases—**

No. with Ringworm	...	1—0.22 per cent	0
„ with Impetigo	...	1—0.22 per cent	0
„ with Scabies	...	0	0
„ with Favus	...	0	0
„ with other Diseases	0		0

**I. Nutrition—**

Systematic cases—No. examined	...	440
No. above average	...	93 —21.13 per cent
„ at average	...	304—69.09 per cent
„ below average	...	41—9.31 per cent
„ very bad	...	2—0.45 per cent
Special cases—No. found defective—3		

The figures for nutrition indicate an improvement compared with the year ending 31st July, 1923.

**J. Teeth —**

Systematic cases—No. examined	...	440
No. found sound	...	111—25.22 per cent
„ with 1-4 decayed	...	228—51.81 per cent
„ with 5 or more decayed...	...	101—22.95 per cent
„ with oral sepsis	...	0
Special cases—No. found defective—7		

**K. (a) Nose—**

Systematic cases—No. examined	...	440
No. with catarrh	...	19—4.31 per cent
„ with obstruction	...	1—0.22 per cent
„ with other diseases	...	4— 0.90 per cent
Special cases—No. found defective—4		

(b) **Throat—**

## TONSILS.

Systematic cases—No. examined	...	440
No. slightly enlarged	..	12—2.72 per cent
„ markedly enlarged	... ..	3—0.68 per cent
Special cases—No. found defective	—3	

## ADENOIDS.

Systematic cases—No. examined	.	440
No. probably present	..	1—0.22 per cent
„ present	... ..	1—0.22 per cent
Special cases—No. found defective	—0	

## OTHER DISEASES.

Systematic cases—No. examined	...	440
No. with other diseases	...	0
Special cases—No. found defective	—0	

(c) **Lymphatic Glands—**

Systematic cases—No. examined	..	440
	Submaxillary	Cervical
No. palpably enlarged	0	13—2.95 per cent
„ markedly enlarged	0	18—4.09 per cent
„ suppurating	... 0	0
„ with cicatrices	... 0	4—0.90 per cent
Special cases	... 0	Special cases 6

The total numbers under the first two headings of this section correspond very closely to those reported in the report for the year ending 31st July, 1923, but they differ in respect that the number under the first heading shows a decrease, while in the second heading it shows an increase. Whether this results from climatic conditions or not I am unable to say. It may be that the long, continued rainfall and wet weather may have given rise to a larger number of sore throats and consequently enlarged glands.

L. **External Eye Diseases—**

Systematic cases—No. examined	...	440
No. with Blepharitis	... ..	5—1.13 per cent
„ with Conjunctivitis	... ..	0
„ with Corneal Opacities	... ..	1—0.22 per cent
„ with Strabismus	... ..	12—2.72 per cent
„ with other diseases	... ..	3—0.68 per cent
Special cases—No. found defective	—9	

This section differs from last year in showing an increase in the percentage of cases with Blepharitis and also an increase in the cases with Strabismus or Squint.

**M. Visual Acuity—**

Systematic cases—No. examined	...	300
No. with good vision	... ..	271—90.33 per cent
„ with fair vision	... ..	18—6 per cent
„ with bad vision	... ..	11—3.66 per cent

Special cases—No. found defective—19

The number of systematic cases in which treatment was recommended for defective vision in one eye was 12.

The numbers as here given indicate a slight decrease in those with defective vision. This may be due to a larger number of cases now being treated and coming up for examination wearing glasses, and consequently improved in vision.

**N. Ears—**

Systematic cases—No. examined	...	440
No. with Otorrhœa	... ..	1—0.22 per cent
„ with wax	... ..	4—0.90 per cent
„ with other diseases	... ..	1—0.22 per cent

Special cases—No. found defective—1

**O. Hearing—**

Systematic cases—No. examined	...	440
No. slightly deaf	... ..	4—0.90 per cent
„ markedly deaf	... ..	2—0.45 per cent

Special cases—No. found defective 1

**P. Speech—**

Systematic cases—No. examined	...	440
No. with defective articulation	...	4—0.90 per cent
„ with stammer	... ..	1—0.22 per cent

Special cases—No. found defective 2

**Q. Mental Condition—**

Systematic cases—No. examined	...	440
No. dull or backward	...	11—2.5 per cent
„ mentally defective	... ..	2—0.45 per cent

Special cases—No. found defective—2

**R. Heart and Circulation—**

Systematic cases—No. examined	...	440
No. with Organic Heart Disease—		
„ with Congenital	... ..	1—0.22 per cent
„ with Acquired	... ..	9—2.04 per cent
„ with Functional Diseases	... ..	7—1.59 per cent
„ with Anaemia	... ..	15—3.40 per cent

Special cases—No. found defective—3



**S. Lungs—**

Systematic cases—No. examined	...	440
No. with Chronic Bronchitis	...	3—0.68 per cent
„ with Tuberculosis	...	0
„ Tuberculosis suspected	...	3—0.68 per cent
„ with other diseases	...	1—0.22 per cent

Special cases—No. found defective—0

**T. Nervous System--**

Systematic cases—No. examined	...	440
No. with Epilepsy	...	0
„ with Chorea	...	0
„ with Infantile Paralysis	...	1—0.22 per cent
„ with other diseases	...	1—0.22 per cent

Special cases—No. found defective—0

**U. Tuberculosis (non-pulmonary) —**

Systematic cases—No. examined	...	440
No. with glandular	...	1—0.22 per cent
„ with bones and joints	...	0
„ with abdominal	...	0
„ with skin	...	1—0.22 per cent
„ with other forms...	...	0

Special cases—No. found defective—1

**V. Rickets—**

Systematic cases—No. examined	...	440
No. with slight	...	0
„ with marked	...	0

Special cases—No. found defective—0

The percentages as given above from Sections N to V are very similar to those in the Report for the year ending 31st July, 1923, and call for no comment.

**W. Deformities—**

Systematic cases—No. examined	...	440
No. with congenital	...	2—0.45 per cent
„ with acquired	...	5—1.13 per cent

Special cases—No. found defective—0

Of these seven cases one was due to Torticollis, one had Angular Curvature of the Spine, one had Paralysis and was lame in the left leg, one had Talipes Varus, one had left leg amputated, one had shortening of the right arm.

**X. Infectious or Contagious Diseases—**

Systematic cases—No. examined	...	440
No. of cases found	...	0

Special cases—No. found defective—2

## Y. **Other Diseases or Defects—**

Systematic cases—No. examined	...	440
No. of cases found	... ..	3—0.68 per cent
Special cases—No. found defective—5		

8. **Special Schools and Classes.**—No Special Schools or Classes exist in the District.

## 9. **Arrangements for Physical Education and Personal Hygiene of Children—**

A. **Physical Exercises.**—These are generally, throughout the County, undertaken by the Teachers.

B. **Baths.**—There are no Baths in connection with any of the Schools in Nairnshire, but the Education Authority have an arrangement with the lessee of the Baths for the use of the Public Swimming Bath by the Children in the Public Schools.

C. **Practical Instruction in Personal Hygiene.**—The laws of health are taught in the Schools generally throughout the area, but I have endeavoured on my visits to bring more definitely to the notice of the teachers the need for greater attention to the personal hygiene of the child, so that the child will be gradually instructed as part of its every-day education in the adoption of measures that will tend to its physical wellbeing.

10. **Arrangements for Feeding of Children.**—There is no systematic feeding of Children in the area, but by voluntary efforts in some rural districts, a mid-day meal is provided. This is a useful provision.

11. **Arrangements for Medical Treatment.**—The arrangements for treatment that have been in force for some years still continue to be carried out. A list of defective children is submitted to the Education Authority and the appropriate means of remedying the defects are taken into consideration. The Ophthalmic cases are undertaken by Dr Campbell, Ophthalmic Surgeon, Inverness, while the cases requiring operative treatment usually have these done, if necessary, at the local Hospital. The cases with dental defects treated are those cases reported by the School Medical Officer with marked caries or oral sepsis. No scheme of conservative dentistry has been arranged, but Mr Rae, Dentist, Nairn, undertakes the treatment of cases referred to him by the



Education Authority. During the year special forms have been printed on which parents or guardians may make application to the Education Authority in connection with the treatment of their children. This is a useful and convenient procedure, as it enables the Education Authority to dispose of with much greater ease the defective lists supplied by the School Medical Officer.

The cases below are those submitted to the Education Authority for treatment during the year, under the following headings :—

A. Minor Ailments —

1. Diseases of the Ear	...	..	...	...	...	0
2. Diseases of the Eye (not including defective vision)	...					0
3. Diseases of the Skin (not including Ringworm or Favus)						0
4. Ringworm and Favus	...	...	...	...	...	0
5. Other Diseases	...	...	...	..	...	0
B. Defective Vision	...	...	...	...	...	12
C. Defective Teeth	...	...	...	...	...	9
D. Operations, viz. :—Nose and Throat				...	...	5
E. Deformities treated by Appliances				...	...	0



SCHOOL.	Number of pupils examined	Number free from classified defects	Number defective in one or more respects.	Number referred for further examination.	Number referred to Education Authority.
Colonel Campbell's School ... ..	21	16	5	2	—
Dulsie Public School ... ..	7	6	1	—	—
Ferness Public School ... ..	16	10	6	—	1
Fornightly Public School ... ..	23	16	7	3	1
Auldearn Public School ... ..	75	50	25	2	3
Moyness Public School ... ..	28	19	9	3	—
Cawdor Public School ... ..	40	28	12	2	1
Clunas Public School ... ..	13	9	4	—	1
Delnies Public School ... ..	26	12	14	3	1
Geddes Public School ... ..	31	23	8	—	—
Millbank Public School ... ..	182	132	50	3	11
Monitory Public School ... ..	152	108	44	4	10
Rose's Academical Institution ... ..	49	35	14	1	—
Balcroy Public School ... ..	10	4	6	2	—
Barivan Public School ... ..	13	8	5	1	—
Totals ... ..	686	476	210	26	29





